



Post – Operative Instructions for Fixed Prosthetics (Crowns, Bridges)

Temporary Crown: Temporary crowns or bridges are placed to protect your teeth and gum tissue while your custom restoration is being created in a dental lab. In addition, this temporary will help prevent the adjacent teeth from shifting; thus ensuring that your final custom crown or bridge will fit. Temporary cement will be used to hold the restoration in place.

- Avoid chewing gum and eating sticky or hard foods
- If possible, chew only on the opposite side of your mouth
- Brush and floss carefully each day, pulling the floss out from the side next to the temporary. Lifting the floss out from the top or gum line area can cause the temporary to come loose.
- It is vital in order for your final restoration to fit properly that your temporary stays in place. If your temporary does come off, contact us so we can arrange the best time for you to come in to cement it back in place.
- Mild to moderate discomfort after dental work is common. We recommend a non-steroidal anti-inflammatory medication such as ibuprofen, Advil, Motrin or aspirin following treatment. If unable to take any anti-inflammatory then take extra strength Tylenol unless instructed differently.

Cerec Crown: A cerec is an all ceramic crown completed in one visit, along with being the finest restoration that advanced technology has to offer.

Sensitivity - Mild to moderate sensitivity to hot and cold food or drink is expected following placement of any bonded dental restoration. Typically, this sensitivity gradually diminishes over a period of a few weeks. Gum Tissue along with the anesthetic injection site can be sore for a few days. A very small percentage display sensitivity that persists for longer periods of time. If this continues for more than six weeks, please contact our office.

Pulpotomy - In some cases decay may be larger and closer to the nerve; leaving the tooth in a scenario of possibly needing root canal therapy. In this event the doctor/assistant will inform you of this and choose to place you in a temporary crown 2-4 weeks or longer to see how the tooth may respond before bonding the permanent crown.

Chewing – Avoid chewing hard foods for 24 hours in order to allow the bonding to achieve its maximum strength.

Your Bite – It is not unusual for your bite to be off balance. We adjust the bite immediately after placing the restoration, however the numb feeling often does not allow for proper refinement of the bite at the time of appointment. Contact us to arrange the best time for you to come in for a quick adjustment.

Continued Care – To keep your cerec in top condition, visit us for routine hygiene visits. Often, small problems that can develop around the restorations can be corrected if found early. The most common reason for failure of any restoration is failure to return for routine hygiene visits. Continued care and routine check ups will ensure years of dental quality.